



Resources – Body scan

- <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>
- <https://www.verywellmind.com/why-you-should-take-care-of-your-body-and-your-health-3145077>
- <https://www.mywayblog.it/corpo-e-mente/>
- https://ggia.berkeley.edu/practice/body_scan_meditation
- <https://www.nia.nih.gov/health/infographics/emotional-benefits-exercise> -
:~:text=Physical activities - like walking, biking,and overall emotional well-being
- <http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3>
- https://www.youtube.com/watch?v=aWPCJ_hOIXk